

# Spring Menu ♦ Grades 9-12



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Whole Grain Turkey Pita 2/3 c. Sweet potato soufflé 1/2 c. Green Peas 1/2 c. Fresh Honeydew 1/2 c. Sliced apples w/ 1 tbsp. almond butter Milk***	Chicken Fajita 1/2 c. Whole Grain Rice Pilaf 1/2 c. Sesame Broccoli 1/4 c. Carrots w/ 2 Tbsp. Ranch dressing 1/2 c. Fresh Pineapple 1 c. Sliced oranges Milk	Sloppy Joe on whole wheat bun 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 2/3 c. Baked Beans 1/2 c. Fresh strawberries 1/2 c. Fresh grapes Milk	Whole Wheat Rotini & Meat Sauce Whole Grain Roll 1/2 c. Sautéed Kale 1/2 c. Pear Cup 1/2 c. Applesauce Milk	Cheese Pizza with whole grain crust 1 c. Potato Salad Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) Whole Banana Milk
Week 2	Chicken Alfredo w/ a Twist Whole Grain roll 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Apple slices 1/2 c. Fresh Grapes Milk	1 c. Whole grain Rainbow Rice Low-fat String Cheese Stick 1/2 c. Broccoli Salad 1 c. Strawberry Spinach Salad 1/2 c. Peach cup Milk	Beef Hotdog on whole grain bun 1/2 c. Whole grain Rice Pilaf 1/2 c. Green beans 2/3 c. Potato salad Whole Banana Milk	Taco Salad 2 Tbsp. Low-Fat Ranch Dressing 1/2 c. Marinated Black bean salad Whole Grain Tortilla chips w/ 1/4 c. Salsa 1 c. Fresh fruit salad 1/2 c. Applesauce Milk	Santa Fe Wrap (1 whole wrap) 1/2 c. Whole Grain Rice 1/2 c. Seasoned carrots 2/3 c. Baked beans 1/2 c. Fresh honeydew 1/2 c. Fresh pineapple chunks Milk
Week 3	Barbecue Beef Sandwich on whole grain bun 1/2 c. Creamy Cole Slaw 1/2 c. Baked Beans Whole Banana Whole grain Royal Brownie Milk	Chicken Philly on whole grain bun 1/2 c. Cucumber & tomato w/ 2 Tbsp. Low-fat Ranch Dip 2/3 c. Sweet Potato Soufflé 1/2 c. Peach Cup 1/2 c. Fresh pineapple chunks Milk	Veggie or Soy Burger on Whole Grain Bun 1/2 c. Pasta Salad 1/2 c. Seasoned carrots 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Grapes 1/2 c. Mandarin Oranges Milk	Whole Grain Chicken Fajitas 1/4 c. Salsa w/ whole grain Tortilla Chips 1/2 c. Refried beans 1/2 c. Sautéed Kale 1/2 c. Fresh honeydew 1/2 c. Sliced apples 1 Tbsp. Almond Butter Milk	Hot Italian Sub on whole grain bun 1/2 c. Seasoned broccoli 1/2 c. Sweet corn 1/2 c. Applesauce 1/2 c. Fresh Strawberry slices Whole Grain Banana Bread Milk
Week 4	Mexican Flatbread Pizza on whole grain flatbread 1/2 c. Whole grain Rice Pilaf 1/2 c. Seasoned Broccoli 1/2 c. Seasoned carrots 1/2 c. Fresh Grapes 1/2 c. Fresh Honeydew Chunks Whole Grain Blueberry Oat Muffin Milk	Chicken Penne w/ whole grain penne pasta Whole Grain roll 1 c. Tossed Salad (romaine lettuce, mushroom, cucumber, tomato) 1/2 c. Green beans 1/2 c. Applesauce 1/2 c. Sliced Peaches Milk	Vegetable Pizza with whole grain crust 1 c. Strawberry Spinach Salad 1/2 c. Sautéed Kale 1/2 c. Apple Slices w/ 2 tbsp. almond butter Milk	Beef and Bean Burrito on whole grain tortilla 1/2 c. Seasoned Corn 1/2 c. Red Pepper slices 1/4 c. Hummus 1/2 c. Fresh pineapple 1/2 c. Mandarin Oranges Whole grain oatmeal cookie Milk	Cheeseburger Salad Wrap on whole grain tortilla Tasty Sweet Potato Tots 1/2 c. Green Peas Fresh Banana Milk
Week 5	Sweet & Sour Chicken Nuggets Baked Potato Wedges 1/2 c. Seasoned Green Beans 1/2 c. Mexicali corn Whole Banana Whole grain blueberry oat muffin Milk	Cheeseburger on whole wheat bun 1/2 c. Seasoned Broccoli Tasty Sweet Potato Tots 1/2 c. Applesauce 1/2 c. Fresh Grapes Milk	Honey Mustard Chicken Wrap 1/2 c. Whole grain rice Pilaf 1 c. Tossed Salad romaine lettuce, mushroom, cucumber, tomato) 1/2 c. Fresh pineapple chunks 1/2 c. Pear slices Milk	Cheese Pizza w/ whole grain crust 1/2 c. Whole grain Pasta Salad 1/2 c. Baked Beans 1/2 c. Fresh strawberries 1/2 c. Peach Cup Milk	Chicken quesadilla 1/2 c. Whole grain rice Whole Grain Tortilla chips w/ 1/4 cup Salsa 1/2 c. Cucumber and Tomato 1/2 c. Fresh honeydew 1/2 c. Mandarin Oranges Milk

\*\*\*1% Unflavored milk and Non-Fat/Skim Flavored Milk offered as daily milk options

# Spring Lunch Menu • Week 1 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Whole Grain Turkey Pita</b> 2/3 c. Sweet potato soufflé 1/2 c. Green Peas 1/2 c. Fresh Honeydew 1/2 c. Sliced apples w/ 1 tbsp. almond butter Milk	<b>Chicken Fajita</b> 1/2 c. Whole Grain Rice Pilaf 1/2 c. Sesame Broccoli 1/4 c. Carrots w/ 2 Tbsp. Ranch dressing 1/2 c. Fresh Pineapple 1 c. Sliced oranges Milk	<b>Sloppy Joe on whole wheat bun</b> 1/2 c. Red Pepper slices w/ 1/2 c. Hummus 2/3 c. Baked Beans 1/2 c. Fresh strawberries 1/2 c. Fresh grapes Milk	<b>Whole Wheat Rotini &amp; Meat Sauce</b> <b>Whole Grain Roll</b> 1/2 c. Sautéed Kale 1/2 c. Pear Cup 1/2 c. Applesauce Milk	<b>Cheese Pizza with whole grain crust</b> 1 c. Potato Salad Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) <b>Whole Banana</b> Milk		
<b>Fruits</b>	Honeydew= 1/2 cup Apple slices= 1/2 cup	Pineapple= 1/2 cup Oranges= 1/2 cup	Strawberries= 1/2 cup Grapes= 1/2 cup	Applesauce = 1/2 cup Pears= 1/2 cup	Large banana=1 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		Broccoli= 1/2 cup		Sautéed spinach: 1/2 cup	Romaine lettuce: 1/2 cup	1 1/2 cups	1/2 cup
<b>Red/Orange</b>	Sweet Potato Soufflé= 1/2 cup Turkey pita (tomato)= 1/4 cup	Carrots= 1/2 cup	Red pepper=1/4 cup Sloppy Joe (tomato)=1/4 cup	Meat sauce (tomato sauce)= 1/2 cup	Cherry Tomatoes=1/2 cup	2 3/4 cups	1 1/4 cup
<b>Beans/Peas (Legumes)</b>			Baked beans= 1/2 cup Hummus= 1/2 cup			1 cup	1/2 cup
<b>Starchy</b>	Green peas= 1/2 cup				Potato salad= 1/2 cup	1 cup	1/2 cup
<b>Other</b>	Turkey pita (Iceberg lettuce)=1/8 cup	Chicken fajita (green peppers; onions)=1/8 cup			Salad (Cucumber= 1/8 cup & mushroom =1/8 cup)	1/2 cup	3/4 cup
<b>Total Vegetable</b>						<b>6 1/2 cups</b>	<b>5 cups</b>
<b>Grains *</b>	Turkey pita= 1 oz. eq. Whole grain banana bread= 1 oz.	Fajita= 1 oz.-eq. 1/2 cup whole grain rice = 1 oz.	Whole grain bun=2 oz.	Whole grain roll= 2 oz. Rotini= 1 oz. eq.	Pizza Crust= 2 oz.	<b>11 oz. eq.</b> <b>11 oz. whole grain-rich</b>	<b>10-12 oz. eq</b>
<b>Meat/Meat Alternate</b>	Almond butter 1 tbsp. = 0.5 oz. Turkey pita =3 oz.	Fajita= 2 oz.	Sloppy joe=2 oz. eq.	Meat sauce= 2 oz. eq.	Pizza= 2 oz.	<b>11.5 oz. eq.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 1 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	751.6 kcals	750-850 kcals
Sodium	1061.4 mg	≤ 1420 mg
Saturated Fat	7.33%	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Whole Grain Turkey Pita</u>	<u>Baked Beans</u>
<u>Sweet Potato Soufflé</u>	<u>Pizza</u>
<u>Chicken Fajitas</u>	<u>Tossed Salad</u>
<u>Sesame Broccoli</u>	
<u>Sloppy Joe</u>	

### Summary of USDA Foods

#### Grains

Whole Grain Tortilla  
Rice Pilaf  
Roll, Whole grain  
Rotini, Whole grain

#### Vegetables

Sweet potato, canned  
Green Peas  
Beans  
Carrots, fresh

#### Meat/ Meat Alternate

Turkey  
Chicken  
Ground Beef

#### Fruits

Fresh Apple Slices  
Fresh Pears  
Oranges, fresh  
Applesauce

### Produce Pricing: Coming Soon!

Conventional	Local
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# Spring Lunch Menu • Week 2 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Chicken Alfredo</b> <b>Whole Grain roll</b> 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Apple slices 1/2 c. Fresh Grapes <b>Milk</b>	1 c. Whole grain Rain- bow Rice <b>String Cheese Stick</b> 1/2 c. Broccoli Salad 1 c. Strawberry Spinach Salad 1/2 c. Peach cup <b>Milk</b>	<b>Beef Hotdog on whole</b> <b>grain bun</b> 1/2 c. Whole grain Rice Pilaf 1/2 c. Green beans 2/3 c. Potato salad <b>Whole Banana</b> <b>Milk</b>	<b>Taco Salad</b> 2 Tbsp. Low-Fat Ranch Dressing 1/2 c. Marinated Black bean salad <b>Whole Grain Tortilla chips</b> w/ 1/4 c. Salsa 1 c. Fresh fruit salad 1/2 c. Applesauce <b>Milk</b>	<b>Santa Fe Wrap (1 whole</b> <b>wrap)</b> 1/2 c. Whole Grain Rice 1/2 c. Seasoned carrots 2/3 c. Baked beans 1/2 c. Fresh honeydew 1/2 c. Fresh pineapple chunks <b>Milk</b>		
<b>Fruits</b>	Apples=1/2 cup Grapes=1/2 cup	Spinach salad: strawber- ries=1/2 cup Peaches=1/2 cup	Banana=1 cup	Fruit salad: strawberry, can- taloupe, blueberries=1/2 cup Applesauce=1/2	Honeydew = 1/2 cup Pineapple= 1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Salad (1Cup Romaine let- tuce)= 1/2 cup eq.	Spinach =1/2 cup Broccoli =1/2 cup Rainbow rice (spinach)= 1/8 cup		Taco salad (2 cups Romaine lettuce)=1 cup eq.	Santa fe (1/2 cup Romaine lettuce) = 1/4 cup eq.	2 1/2 cups	1/2 cup
<b>Red/Orange</b>	Tomatoes=1/2 cup	Rainbow Rice (red pep- per) = 1/8 cup		Taco salad (Tomato)= 1/4 cup Salsa= 1/4 cup	Carrots= 1/2 Santa fe (Tomato) = 1/4 cup	2 1/4 cups	1 1/4 cup
<b>Beans/Peas (Legumes)</b>				Black bean salad= 1/2 cup	Baked beans= 1/2 cup	1 cup	1/2 cup
<b>Starchy</b>			Potato salad= 2/3 cup	Taco salad (corn)=1/4 cup		3/4 cup	1/2 cup
<b>Other</b>	Salad (Cucumbers)= 1/8 cup		Green beans =1/2 cup			1 1/8	3/4 cup
<b>Total Vegetable</b>						<b>7 5/8 cups</b>	<b>5 cups</b>
<b>Grains *</b>	Whole grain roll =1 oz. Chicken alfredo= 1 oz.	Rainbow rice= 1 oz. eq. Whole grain roll= 1 oz.	Whole grain bun= 2 oz. Rice Pilaf= 1 oz.	Tortilla chips= 2 oz. eq.	Santa fe= 1.5 oz. Whole grain rice=1 oz.	<b>11.5 oz. eq.</b> <b>11.5 oz. = whole-</b> <b>grain rich</b>	<b>10-12 oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken alfredo= 2 oz. eq.	Rainbow rice= 2 oz.	Hot dog= 2 oz. .	Taco salad= 3 oz. eq.	Santa fe=2 oz. (whole wrap)	<b>11 oz. eq.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\*All grains must be whole grain-rich

### Week 2 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	790.22 kcals	750-850 kcals
Sodium	1093.02 mg	≤ 1420 mg
Saturated Fat	6.57%	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Chicken Alfredo with a Twist  
Rainbow Rice Taco Salad  
Tossed Salad  
Broccoli Salad

Spinach Strawberry Salad  
Potato Salad  
Marinated Black Bean Salad  
Santa Fe Wrap

### Summary of USDA Foods

#### Grains

Roll, Whole grain  
Rotini, Whole grain  
Rice, Whole grain

#### Vegetables

Green Peas  
Beans  
Carrots, fresh

#### Meat/ Meat Alternate

Turkey  
Chicken  
Ground Beef

#### Fruits

Fresh Apple Slices  
Peach cup  
Fresh Pears  
Oranges, fresh  
Applesauce

### Produce Pricing: Coming Soon!

Conventional

Local

# Spring Lunch Menu • Week 3 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Barbecue Beef Sandwich on whole grain bun</b> 1/2 c. Creamy Cole Slaw 1/2 c. Baked Beans Whole Banana Whole grain Royal Brownie Milk	<b>Chicken Philly</b> 1/2 c. Cucumber & tomato w/ 2 Tbsp. Low-fat Ranch Dip 2/3 c. Sweet Potato Soufflé 1/2 c. Peach Cup 1/2 c. Fresh pineapple chunks Whole Grain Banana Bread Milk	<b>Veggie or Soy Burger on Whole Grain Bun</b> 1/2 c. Pasta Salad 1/2 c. Seasoned carrots 1 c. Tossed Salad (Romaine lettuce, tomato, mushroom, cucumber) 1/2 c. Grapes 1/2 c. Mandarin Oranges Milk	<b>Chicken Fajitas</b> 1/4 c. Salsa w/ whole grain Tortilla Chips 1/2 c. Refried beans 1/2 c. Sautéed Kale 1/2 c. Fresh honeydew 1/2 c. Sliced apples 1 Tbsp. Almond Butter Milk	<b>Hot Italian Sub</b> 1/2 c. Seasoned broccoli 1/2 c. Sweet corn 1/2 c. Applesauce 1/2 c. Fresh Strawberry slices Milk		
<b>Fruits</b>	Banana= 1 cup	Peaches=1/2 cup Pineapple=1/2 cup	Mandarin Oranges=1/2 cup Grapes=1/2 cup	Apples=1/2 cup Honeydew=1/2 cup	Applesauce=1/2 cup Strawberries= 1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>			1 cup Romaine lettuce= 1/2	Kale= 1/2 cup	Broccoli =1/2 cup	1 1/2 cups	1/2 cup
<b>Red/Orange</b>		Tomato= 1/4 cup Sweet Potato Soufflé= 2/3 cup	Carrots= 1/2 cup Cherry tomatoes= 1/2 cup	Salsa= 1/4 cup		2 1/4cups	1 1/4 cup
<b>Beans/Peas (Legumes)</b>	2/3 cup Baked Beans= 1/2 cup eq.			Refried beans=1/2 cup		1 cup	1/2 cup
<b>Starchy</b>					Seasoned corn =1/2 cup	1/2 cup	1/2 cup
<b>Other</b>	Coleslaw = 1/2 cup	Chicken Philly (peppers) = 1/4 cup Cucumber= 1/4 cup	Pasta Salad (vegetable mix)= 3/8 cup Salad (Cucumber= 1/8 cup & Mushrooms 1/8 cup)	Fajitas (onions and green pepper)=1/8 cup		2 cups	3/4 cup
<b>Total Vegetable</b>						<b>7 1/4 cups</b>	<b>5 cups</b>
<b>Grains *</b>	BBQ chicken sandwich= 1.5 oz. Whole grain brownie= 0.5 oz.	Chicken Philly= 1.5 oz. eq. Whole grain banana bread= 1.0 oz.	Veggie burger Bun = 2 oz.	Fajitas= 1.5 oz. eq. . Tortilla chips =1.0 oz	Italian sub =2.5 oz. eq.	<b>11.5 oz. eq.</b> <b>11.5 oz. whole grain-rich oz.</b>	<b>10-12 oz. eq.</b>
<b>Meat/Meat Alternate</b>	BBQ Beef= 2 oz. eq.	Chicken Philly = 3 oz.	Burger= 2 oz.	Fajitas = 2 oz. 1 Tbsp. Almond butter= 0.5 oz.	Italian sub= 2.5 oz.	<b>12 oz.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 3 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	817.8 kcals	750-850 kcals
Sodium	1414.6 mg	≤ 1420 mg
Saturated Fat	7.98 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

Barbecue Beef Sandwich  
Creamy Cole Slaw  
Chicken Philly  
Tossed Salad  
Sweet Potato Soufflé  
Pasta Salad

Chicken Fajitas  
Hot Italian Sub  
Whole grain Royal Brownie  
Whole Grain Banana Bread

### Summary of USDA Foods

#### Grains

Roll, Whole grain  
Tortilla, whole grain

#### Vegetables

Sweet potato, canned  
Green Peas  
Beans  
Carrots, fresh  
Sweet Corn

#### Meat/ Meat Alternate

Turkey  
Chicken  
Ground Beef

#### Fruits

Fresh Apple Slices  
Peach cup  
Fresh Pears  
Oranges, fresh  
Applesauce

### Produce Pricing: Coming Soon!

Conventional

Local

# Spring Lunch Menu • Week 4 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	Mexican Flatbread Pizza on whole grain flatbread 1/2 c. Whole grain Rice Pilaf 1/2 c. Seasoned Broccoli 1/2 c. Seasoned carrots 1/2 c. Fresh Grapes 1/2 c. Fresh Honeydew Chunks Whole Grain Blueberry Oat Muffin Milk	Chicken Penne w/ whole grain penne pasta Whole Grain roll 1 c. Tossed Salad (romaine lettuce, mushroom, cucumber, tomato) 1/2 c. Green beans  1/2 c. Applesauce 1/2 c. Sliced Peaches Milk	Vegetable Pizza with whole grain crust 1 c. Strawberry Spinach Salad 1/2 c. Sautéed Kale  1/2 c. Apple Slices w/ 2 tbsp. almond butter Milk	Beef and Bean Burrito on whole grain tortilla 1/2 c. Seasoned Corn 1/2 c. Red Pepper slices 1/4 c. Hummus  1/2 c. Fresh pineapple 1/2 c. Mandarin Oranges Whole grain oatmeal cookie Milk	Cheeseburger Salad Wrap on whole grain tortilla Tasty Sweet Potato Tots 1/2 c. Green Peas Fresh Banana Milk		
<b>Fruits</b>	Grapes= 1/2 cup Honeydew= 1/2 cup	Applesauce= 1/2 cup Sliced peaches 1/2 cup	Apple slices= 1/2 cup Salad: Strawberry and Mandarin oranges= 1/2 cup	Pineapple= 1/2 cup Mandarin Oranges= 1/2 cup	Large Banana= 1 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>	Seasoned broccoli= 1/2 cup	Penne= 3/8 cup Tossed Salad (1 cup romaine lettuce)= 1/2 cup eq.	1 cup spinach= 1/2 cup eq.		Cheeseburger salad wrap (1 cup romaine lettuce)= 1/2 cup eq.	2 7/8 cup	<b>1/2 cup</b>
<b>Red/Orange</b>	Mexican Pizza (= 1/4 cup Seasoned carrots= 1/2 cup	Cherry tomatoes= 1/2 cup		Red pepper= 1/2 cup	Tasty Tots (sweet potato)= 3/8 cup Cheeseburger salad wrap (tomato)= 1/4 cup	2 3/8 cup	<b>1 1/4 cup</b>
<b>Beans/Peas (Legumes)</b>	Mexican pizza= 1/4 cup			Hummus (chickpeas)= 1/4 cup Burrito (refried beans)= 1/8 cup		5/8 cup	<b>1/2 cup</b>
<b>Starchy</b>				Corn= 1/2 cup	Green peas= 1/2 cup	1 cup	<b>1/2 cup</b>
<b>Other</b>	Mexican pizza (green pepper & onion)= 1/4 cup	Green beans= 1/2 cup Salad (Cucumber= 1/4 cup & Mushrooms = 1/4 cup)	Veg pizza (veggie assortment)= 1/2 cup		Tasty tots (chickpea)= 1/4 cup Burger wrap (onion)= 1/8 cup	<b>2 1/8 cups</b>	<b>3/4 cup</b>
<b>Total Vegetable</b>						<b>9 cups</b>	<b>5 cups</b>
<b>Grains *</b>	Mexican pizza=1 oz. eq. Whole grain rice pilaf= 1 oz.	Penne: 1 3/4 oz.-eq. Whole grain roll= 1 oz.	Veg pizza= 2 oz. eq.	Bean burrito= 1.5 oz. eq. Whole grain oatmeal cookie= 1 oz.	Cheeseburger salad wrap= 2 oz.	<b>11 1/4 oz.</b> <b>11 1/4 oz. whole grain-rich)</b>	<b>10-12 oz. eq</b>
<b>Meat/Meat Alternate</b>	Mexican Pizza= 3 oz. eq.	Penne= 1 oz. eq. Yogurt 1/2 cup =1 oz. eq.	Veg pizza= 1 1/4 oz. eq. 2 tbsp almond butter= 1 oz. eq.	Beef and bean burrito= 2 oz. eq.	Cheeseburger salad wrap= 2 oz.	<b>11 1/4 oz.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5 cups</b>	<b>5 cups</b>

\* All grains must be whole grain-rich

### Week 4 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	810.89 kcals	750-850 kcals
Sodium	1068.98 mg	≤ 1420 mg
Saturated Fat	5.92 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich	70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich	

### Summary of Recipes

<u>Mexican Flatbread (Eagle Pizza)</u>	<u>Whole grain vegetable pizza</u>
<u>Chicken Penne Tossed Salad</u>	<u>Spinach Strawberry Salad</u>
<u>Brown Rice Pilaf</u>	<u>Beef and Bean Burrito</u>
<u>Whole grain blueberry oat muffin</u>	<u>Cheeseburger Salad Wrap</u>
	<u>Tasty Sweet Potato Tots</u>

### Summary of USDA Foods

#### Grains

Roll, Whole grain  
Rice, Whole grain  
Tortilla, Whole grain

#### Vegetables

Sweet potato, canned  
Green Peas  
Carrots, fresh  
Sweet corn

#### Meat/ Meat Alternate

Turkey  
Chicken  
Ground Beef

#### Fruits

Fresh Apple Slices  
Peach cup  
Fresh Pears  
Oranges, fresh  
Applesauce

### Produce Pricing: Coming Soon!

Conventional	Local

# Spring Lunch Menu • Week 5 Breakdown • Grades 9-12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ACTUAL	REQUIRED
	<b>Sweet &amp; Sour Chicken Nuggets</b> <b>Baked Ranch Potato Wedges</b> 1/2 c. Seasoned Green Beans 1/2 c. Mexicali corn Whole Banana Whole grain blueberry oat muffin Milk	<b>Cheeseburger on whole wheat bun</b> 1/2 c. Seasoned Broccoli <b>Tasty Sweet Potato Tots</b> 1/2 c. Applesauce 1/2 c. Fresh Grapes Milk	<b>Honey Mustard Chicken Wrap</b> 1/2 c. Whole grain rice Pilaf 1 c. Tossed Salad romaine lettuce, mushroom, cucumber, tomato) 1/2 c. Fresh pineapple chunks 1/2 c. Pear slices Milk	<b>Cheese Pizza w/ whole grain crust</b> 1/2 c. Whole grain Pasta Salad 1/2 c. Baked Beans 1/2 c. Fresh strawberries 1/2 c. Peach Cup Milk	<b>Chicken quesadilla</b> 1/2 c. Whole grain rice Whole Grain Tortilla chips w/ 1/4 cup Salsa 1/2 c. Cucumber and Tomato 1/2 c. Fresh honeydew 1/2 c. Mandarin Oranges Milk		
<b>Fruits</b>	Large banana= 1 cup	Applesauce= 1/2 cup Grapes=1/2 cup	Pear slices=1/2 cup Pineapple=1/2 cup	Strawberries=1/2 cup Peaches=1/2 cup	Honeydew= 1/2 cup Oranges=1/2 cup	<b>5 cups</b>	<b>5 cups</b>
<b>Vegetables</b>							
<b>Dark Green</b>		Broccoli= 1/2 cup	1 cup Romaine lettuce= 1/2 cup eq.			1 cup	1/2 cup
<b>Red/Orange</b>		Tasty Tots (sweet potato)= 3/8 cup	Cherry tomato= 1 cup	Pizza (tomato )= 1/4 cup	Tomato= 1/4 cup	1 7/8 cup	1 1/4 cup
<b>Beans/Peas (Legumes)</b>				Baked beans = 1/2 cup	Black beans 1/2 cup	1 cup	1/2 cup
<b>Starchy</b>	Corn salad =1/2 cup Potato wedges= 1/2 cup					1/2 cup	1/2 cup
<b>Other</b>	Green beans = 1/2 cup	Tasty Tots (chickpeas)= 1/4 cup	Salad (Cucumber & Mushrooms)=1/4 cup Wrap (broccoli slaw)= 1/2 cup	Pasta salad (mixed vegetables)= 1/4 cup	Salsa= 1/4 cup Cucumber =1/4 cup	2 1/2 cup	3/4 cup
<b>Total Vegetable</b>						<b>7 3/8 cups</b>	<b>5 cups</b>
<b>Grains *</b>	Chicken nuggets (per CN label)= 1 oz. Whole grain blueberry oat muffin = 1 oz.	Hamburger bun= 2 oz. eq.	Wrap= 1 oz. eq. (1 oz. Brown rice pilaf= 1 oz.	Pizza= 2 oz. eq. Pasta salad= 1 oz. eq.	Quesadilla 1.5 oz. eq. Rice= 1 oz. Tortilla chips= 1.5 oz. eq.	<b>11 3/4 oz. eq.</b> <b>11 3/4 oz. whole grain rich</b>	<b>10-12 oz. eq</b>
<b>Meat/Meat Alternate</b>	Chicken nuggets 2 oz. eq.	Hamburger= 2 oz.	Wrap= 2 oz. eq.	Pizza= 2 oz. eq.	Quesadilla= 2 oz. eq.	<b>10oz.</b>	<b>10-12 oz.</b>
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup	1 cup	<b>5cups</b>	<b>5 cups</b>

\*All grains must be whole grain-rich

### Week 5 Average Nutrient Breakdown

Dietary Specifications	Actual	Required
Calories	816.44 kcals	750-850 kcals
Sodium	1181.07 mg	≤ 1420 mg
Saturated Fat	8.57 %	< 10% of total kcal
Trans Fat	0 grams	0 grams

### HUSSC Criteria Checklist (2012)

	Bronze	Silver	Gold	Gold Distinction
Fruits and Vegetables	At least three different fruit and vegetables must be offered each week At least 1 fruit/week must be served fresh		At least one different fruit and or/vegetable must be offered every day. At least 2 fruits/week must be served fresh	
Grains	50% of grains offered weekly are whole grain-rich		70 % of grains offered weekly are whole grain-rich	100% of grains offered weekly are whole grain-rich

### Summary of Recipes

<u>Sweet And Sour Chicken Nuggets</u>	<u>Honey Mustard</u>
<u>Ranch Potato Wedges</u>	<u>Chicken Wrap</u>
<u>Tossed Salad</u>	<u>Cheese Pizza</u>
<u>Mexicali Corn</u>	<u>Pasta Salad</u>
<u>Blueberry Oat Muffin</u>	<u>Baked Beans</u>
<u>Tasty Sweet Potato Tots</u>	<u>Chicken Quesadilla</u>

### Summary of USDA Foods

#### Grains

Roll, Whole grain  
Rice, Whole Grain  
Rotini, Whole grain  
Tortilla, Whole grain

#### Vegetables

Sweet potato, canned  
Green Peas  
Green Beans  
Carrots, fresh  
Potato Wedges  
Corn  
Vegetarian Beans

#### Meat/ Meat Alternate

Turkey  
Chicken  
Beef Patty  
Cheddar Cheese

#### Fruits

Fresh Apple Slices  
Peach cup  
Fresh Pears  
Oranges, fresh  
Applesauce

### Produce Pricing: Coming Soon!

Conventional	Local
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